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ABSTRACT

Family resource programs seek to foster the development of emotionally stable children and parents. Two underlying assumptions of family resource programs are that programs should focus on family strengths, not weaknesses; and that programs should empower families, not create dependence on professionals. Education of the public about the need and appropriateness of using family resource programs is essential to providing services. The services provided are diverse. This booklet describes specific family resource programs in Illinois and throughout the country. The Family Resource Coalition, based in Chicago, is an organization representing community-based primary prevention programs for families across the country. Other Illinois programs described include Family Focus; National Lekotek Center; Riverside Family Resource Center; Illinois NEXT STEPS; Ounce of Prevention Fund; Parents Too Soon; Heart to Heart; The Developmental Program; Primary Prevention Programs; Center for Successful Child Development; Head Start; Toward Teen Health; and Kids PEPP. A list of 45 other Illinois programs is included. The activities of 16 programs from 12 other states are also described. (BC)

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A SURVEY OF FAMILY RESOURCE PROGRAMS

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Illinois Department of Commerce and Community Affairs

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A SURVEY OF

FAMILY RESOURCE PROGRAMS

ILLINOIS DEPARTMENT OF COMMERCE AND COMMUNITY AFFAIRS

OFFICE OF URBAN ASSISTANCE

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TABLE OF CONTENTS

PAGE

INTRODUCTION..... i

INITIATIVES IN ILLINOIS

Family Resource Coalition..... 1

Family Focus, Inc..... 2

National Lekotek Center..... 3

Riverside Family Resource Center..... 4

Illinois NEXT STEPS..... 4

Ounce of Prevention Fund..... 5

Parents Too Soon..... 6

Heart to Heart: A Child Sexual Assault Prevention Model..... 7

The Developmental Program..... 7

Primary Prevention Programs..... 7

Center for Successful Child Development..... 8

Head Start Program..... 8

Toward Teen Health..... 9

Kids PEPP..... 9

PROGRAMS IN OTHER STATES

COPE, Boston, Massachusetts..... 14

Early Childhood Center, Los Angeles, California..... 14

The Parenting Center at Children's Hospital, New Orleans, Louisiana..... 15

The Parent Education Program/Linn-Benton Community College, Albany, Oregon..... 15

PAGE

New Futures School, Albuquerque, New Mexico..... 16

Bananas, Oakland, California..... 17

Parents as Teachers/Missouri Department of Elementary and Secondary Education, St. Louis, Missouri..... 17

The Family Support Center, Midvale, Utah..... 18

Parent Support Network For Urban Native American Families, Phoenix, Arizona..... 18

Neighborhood Resource Centers, Detroit, Michigan..... 19

CEDEN Family Resource Center, Austin, Texas..... 20

Postpartum Education for Parents, Santa Barbara, California..... 20

Employer Services Program, Burlingame, California..... 21

Work and Family Life Seminar Program, New York, New York..... 21

Mothers/Men Inside Loving Kids, Richmond, Virginia..... 22

Single Parent Resource Center, Inc., New York, New York..... 22

Program Directory..... 24

INTRODUCTION

Family resource programs seek to foster the development of emotionally stable children and parents. The family resource movement grew out of the need to provide emotional support, advice, information and education to families in general, and in particular, to families in crisis. In recognizing the amount of stress which exists in today's complex society -- in the home, work place, and community -- these programs focus on the family unit in total, i.e., the relationship between the family members within the unit and environmental factors that may encroach upon and affect a family's capacity to nurture and rear its children.

Heather Weiss of the Harvard Family Research Project presented seven underlying assumptions or hypotheses on family resource programs in the first edition of Programs to Strengthen Families, ed. Carol Payne (Yale University and Family Resource Coalition, 1983) which are just as pertinent today:

- Parenting is not completely instinctive
- Parenting is a tough and demanding job
- Parents desire and try to do the best for their children
- Parents want and need support, information and reinforcement in their roles
- Parents have their own needs as adults
- Programs should focus on and work with family strengths, not deficits
- Programs should empower families, not create dependence on professionals

Public education is an essential, if not the primary, need of the family resource movement. Parents and the community must be informed on a broader basis that it is appropriate to seek assistance in the job of parenting and that seeking support from one's peers or the professional community does not denote failure or inadequacy as a parent. In addition, parents must be informed of how to utilize the resources which are readily available.

Family resource programs are diverse. They include such services as information and referral, peer-group support, crisis intervention, vocational and education training, career development, personal counseling, support for teen parents, health care, assistance to incarcerated mothers and fathers and counseling hot lines and "warm" lines. The Family Resource Coalition (FRC), the national nonprofit organization of agencies and individuals that builds support and resources for the family, describes 72 different models of family resource programs in Programs to Strengthen Families, ed. Carole Levine (Illinois: Family Resource Coalition, 1988). In this publication, the Family Resource Coalition classifies programs into ten categories:

- Parent Resource and Education Programs
- Neighborhood/Community-Based Family Support Programs
- Prenatal, Infant, and Toddler Programs
- Parent Resources Linked to Child Care and Early Childhood Programs
- Work Place Programs
- Child Abuse and Neglect Prevention Programs

- Home-Based Programs
- School-Based Programs
- Programs for Families with Special Needs
- Advocacy or Support Programs for Specific Parent populations

This booklet has been prepared by the Illinois Department of Commerce and Community Affairs to provide examples of public and private family resource initiatives which are operating in Illinois and throughout the nation. A more comprehensive examination of such programs is provided in Programs to Strengthen Families.

INITIATIVES IN ILLINOIS

Family Resource Coalition

The Family Resource Coalition (FRC), which is based in Chicago, Illinois, is the national voice for family support programs and prevention initiatives. FRC represents thousands of community-based, primary prevention programs for families across the country and offers unique services for program planners, program practitioners, funders and policy makers.

The Family Resource Coalition's mission is to build support and resources within communities which strengthen and empower families in order to enhance the capacities of parents and foster the optimal development of children and youths. FRC provides leadership in developing resources for programs, affecting public policies, and increasing public understanding of and commitment to strengthening families.

FRC provides technical assistance to individuals and organizations interested in starting family support programs; existing family support programs seeking to expand and/or change services; city, regional or state officials creating family support initiatives; and funders and grantmakers evaluating proposals or developing guidelines for funding family support prevention services. FRC also publishes books and reference guides; provides testimony and assists in drafting legislation; and develops policy positions on issues affecting families.

FRC maintains a national clearinghouse on family support and parenting programs, and operates the only national information and referral service for parents seeking information about programs close to their homes.

The Family Resource Coalition publishes the FRC REPORT, which documents current trends and developments in the field of family support and prevention, and the FRC Connection newsletter, which includes current information on research and initiatives.

Other books and reference guides published by the Family Resource Coalition include:

- Programs to Strengthen Families, revised edition, May 1988
- The Family Resource Program Builder: Blueprints for Designing and Operating Programs for Parents, 1986
- Building Strong Foundations: Evaluation Strategies for Family Resource Programs, 1986
- Working with Teen Parents, 1985

For further information on the Family Resource Coalition, contact:

Lynn Pooley
Associate Director
Family Resource Coalition
230 North Michigan Avenue
Suite 1625
Chicago, Illinois 60601
(312) 726-4750

Family Focus, Inc.

Family Focus, Inc. of Evanston was the impetus behind the founding of the Family Resource Coalition. While Family Focus, Inc. is not the only organization which operates family resource programs in Illinois, it is often cited as a premier example. The Family Focus program model has been replicated in many communities outside of Illinois.

The first Family Focus center opened in Evanston in 1976. Today the organization operates six centers for parents-to-be and families whose children range from newborns to three years of age. These drop-in centers serve as informal meeting places where parents discuss their children and share learning experiences to enhance the bonding and overall parent-child relationship. Emphasis is also placed on enhancing and building parents' sense of self-worth and competency as individuals.

The six drop-in centers operated by Family Focus are tailored for the communities they serve:

- The West Town/Chicago and Aurora centers are located in predominantly Hispanic communities. Parents with children under age five meet at these centers for discussions on children and family issues. Child care is provided at no charge while parents meet. Services are also provided for pregnant teens and teen parents. Classes are offered in parenting, child development, English as a second language, Spanish, cooking, grooming, exercise and General Equivalency Development (GED). Referrals and direct assistance are also provided for individuals in need of financial assistance, medical care and legal assistance.

- Two drop-in centers have been designed for the middle-income family: West Lincoln Park in Chicago and Kingsley in Evanston. The clientele who frequent these centers are generally two-income families, single parents and mothers who have temporarily put aside their careers. Program components include parent-child activities, personal development, parenting education and linkages with other community services.

- Two Family Focus centers are designed especially for pregnant teens and at-risk teens in lower to lower-middle income black communities: Our Place in Evanston and Lawndale in Chicago. A heavy emphasis is placed on prevention programming and education to discourage teen pregnancy.

Tutorial classes, life skills classes, job training and recreational activities are provided at both sites.

For additional information on any of these programs, contact:

Maureen Patrick
Executive Director
Family Focus, Inc.
2300 Green Bay Road
Evanston, Illinois 60201
(708) 869-4700

National Lekotek Center

Lekotek is a support and resource center for families of children with disabilities whose goal is to fully integrate the child with special needs into the family and into society. Lekotek, first started in Sweden in 1963 by several parents and educators, is a word derived from the Swedish "lek" meaning play and "tek" meaning library. In the nurturing environment of Lekotek, families receive support, counseling and the opportunity to borrow developmentally appropriate toys. Lekotek concentrates on each child's abilities, thereby helping parents to focus on what their child can do, so they can look at the ways their child is like all children.

Since 1981, several Lekoteks have been established in the U.S. The Lekotek Family Program is offered at all Lekoteks. Families go to Lekotek once a month for a one-hour play session with a trained Lekotek Leader. The play session is important in the goal to integrate the child into the family and society by offering developmentally appropriate toys for the child and allowing for the parents and Lekotek Leader to discuss the child's progress. At the end of the session, toys are selected by the family to borrow for home use until the next session. Lekotek Leaders work with specialists to meet the needs of children with handicaps by creating adaptive toys, materials and mechanical switches.

Many Lekoteks offer additional programs. These include: parent support and discussion groups; preschool mainstreaming, which encourages early mainstreaming of children with special needs; and Compuplay, a computer play and resource center for children, parents and professionals which utilizes adaptive equipment and quality software.

Lekotek Leaders are trained professionals in special education or a related field. They also must complete a training program in order to be certified to work with the families.

For more information on any of the Lekotek sites or programs, contact:

Marilyn Lederer, Acting Executive Director
National Lekotek Center
2100 Ridge Avenue
Evanston, Illinois 60204
(708) 328-0001

Riverside Family Resource Center

Riverside's Family Resource Center has as its mission to provide support, education, and referral services to community families. In order to accomplish this mission, the Center offers a variety of programs conducted by qualified professionals.

The Drop-In Center is one of the many services provided by Riverside. It is a place for parents to come and talk to staff, relax, or join informal discussion groups with other parents. The Drop-In Center also schedules guest speakers, video presentations, book reviews, and other special programs on a regular basis. In addition, once a month, it focuses on a children's activity. Parents may join in the activity or take a break in the parents' room while the children are supervised by trained staff members.

Classes available at the Riverside Family Resource Center cover a wide range of topics. Some classes are for expectant parents, such as Obstetric Tours, Childbirth Preparation and Lamaze, while others are parental education courses such as Learning About Your Baby, Disciplining Your Two-Year Old and Childsaver (CPR for parents). In addition, the Center also offers classes for children on such issues as sibling preparation and baby-sitting.

For information on the services offered by the Riverside Family Resource Center, contact:

Betty Fennema, Director
Riverside Family Resource Center
350 North Wall Street
Kankakee, Illinois 60901
(815) 933-1671

Illinois NEXT STEPS

The NEXT STEPS Planning for Employment workshop was developed by the Parent Educational Advocacy Training Center (PEATC) in Alexandria, Virginia. The NEXT STEPS workshop, a 15-hour course for parents of children with disabilities, is administered by a team comprised of parents, rehabilitation professionals, educators and service providers. The NEXT STEPS curriculum and group process are designed to empower parents as effective participants in the education, career and employment planning areas of their children's lives.

The Planning for Employment Program has positively affected the lives of thousands of parents in Illinois who have children with disabilities. More than 700 families participated in the NEXT STEPS course in 1989 alone. NEXT STEPS provides crucial information for these families concerning resources available to plan for the future of a child with special needs. The Program also lends emotional support.

Because a majority of parents attending the NEXT STEPS planning course expressed a need for one-to-one support from parents experienced in living productively with a special needs child, a group called Parents Reaching Parents was begun. This program is open to any parent or caregiver of a child with a disability. It is a volunteer network of resource parents of children

with disabilities who reach out to help other parents in similar situations. The program's basic plan involves a referral system run by NEXT STEPS.

NEXT STEPS also has a program called Project SLICD, a statewide library referral service to answer questions or concerns from people with disabilities or their families. SLICD is a federally funded network which links over 600 public libraries in Illinois with five regional information centers. It provides access to the very latest information concerning areas such as special education, specialized vendors of toys, clothing for individuals with disabilities and agencies and organizations who provide support for families with a disabled member.

For more information concerning any of the NEXT STEPS programs, contact:

Ronnie Barclay, Statewide Coordinator
Illinois NEXT STEPS
Illinois Department of Rehabilitation Services
100 West Randolph, Suite 8-100
Chicago, Illinois 60601
(312) 814-4042

Ounce of Prevention Fund

In 1982, the Illinois Department of Children and Family Services, along with the Pittway Corporation, established the Ounce of Prevention Fund (OPF). The Fund is an innovative public/private partnership created to try out promising prevention strategies, primarily in high-risk communities and to share what it learns with professionals, policy makers and community members . Much of the program's success derives from the diversity and flexibility of the planning and implementation of the strategies.

The basic mission of OPF is change -- changing the chances for children born into poverty and other conditions to increase the opportunity for them to become productive, fully functioning citizens. In close consultation with more than 40 Illinois communities, the OPF designs, funds, monitors and evaluates community-based programs which will increase the likelihood that babies are born healthy, receive the nurturing care they need and arrive at kindergarten ready to learn. Another goal of the OPF is to prevent teenagers from becoming parents thereby breaking the cycle of poverty, ill health and lack of educational and employment opportunities in which many children are trapped.

The Ounce of Prevention Fund believes that an ounce of prevention is worth a pound of cure, in both human and economic terms. The programs are based upon the conviction that it is more cost-effective and caring to prevent physical, social and psychological problems in childhood than to attempt to treat the problems later in life. Through the training and technical assistance offered by OPF, community-based organizations are able to implement proven prevention programs tailored to the needs of their own communities, Each year, Ounce of Prevention Programs reach more the 100,000 Illinois families.

The programs administered through the Ounce of Prevention Fund include:

- Parents Too Soon
- Heart to Heart: A Child Sexual Assault Prevention Model
- The Developmental Programs
- Primary Prevention Programs
- Center for Successful Child Development
- Head Start Program
- Toward Teen Health
- Kids PEPP

A listing of the service sites of the Ounce of Prevention Fund is provided on pages 10-13.

Parents Too Soon

In 1983, Governor James Thompson created the Parents Too Soon (PTS) Initiative as a response to the growing teen pregnancy crisis. PTS is a comprehensive effort designed to reduce the incidence of teenage pregnancy, to reduce the health risks associated with teen pregnancy (especially infant mortality) and to improve the ability of teens to cope with the responsibilities of parenthood.

Teen pregnancy is a complex problem often closely tied to the cycle of poverty. In order to help parents develop a future for themselves and their babies, and to help teens who are not currently sexually active or pregnant develop alternatives to parenthood, PTS has coordinated the services of 10 departments of state government and an extensive number of community-based public and private agencies to implement programs.

The Ounce of Prevention Fund was delegated the administration of the Illinois Department of Children and Family Services' portion of the PTS program. Since 1982, when OPF began new programs in six communities, the number of programs has grown to 40. Each community that receives financial support from OPF offers specific programs based on the needs of the community's families and the availability of complimentary services in the community. Each community contracts with OPF to provide at least one of the following services which OPF monitors and evaluates:

- Parent Group Services
- Home Visiting
- Developmental Children's Services
- Primary Prevention Services

Currently, PTS is developing a new program, The Black Family Project, to explore how cultural factors unique to black families impact on the design and delivery of prevention and family support services. The project will train OPF staff and subcontractor sites to understand the cultural strengths of black families and to utilize these cultural strengths in creating programs and services.

Heart to Heart: A Child Sexual Assault Prevention Model

This unique program is designed to strengthen the ability of teen mothers to protect their children from sexual exploitation. It also has a component intended to call upon the community to share in the responsibility of preventing child sexual abuse. The Model went through a three-year demonstration phase between 1985 and 1988. In 1989, the Heart to Heart Program received the Council of State Governments' Innovations Transfer Program Award, as a promising program which departs from standard governmental approaches.

The name Heart to Heart highlights the necessity to openly discuss the causes and effects of child sexual abuse and ways to prevent such occurrences. The program is an 11-week series of two-hour group meetings, with an opening orientation followed by 10 meetings. The programs consists of information sharing, discussions and journal writing. The design of the program allows for women who were at one time victims of child sexual abuse to offer volunteer services.

The Developmental Program

The Developmental Program is a training and service effort that was designed for OPF/PTS programs serving adolescent parents and their young children. The focus of the training, which grew out of the need to have more useful strategies for community-based direct service staff to help strengthen the parent-child relationship, is based upon current research which supports the notion that positive developmental outcomes in children are directly related to successful parent-child relationships. The goal of the program is to promote empathic parenting, thereby preventing developmental delays in the children of adolescent parents.

Primary Prevention Programs

The Ounce of Prevention Fund expanded the Parents Too Soon Program in 1984 to include at-risk adolescents who are not yet pregnant. The programs are designed specifically to build self-esteem and to promote healthy decision making. Experts agree that when adolescents have a higher self-esteem, they are more likely to stay in school, plan for the future and recognize the dangers of drugs and alcohol.

OPF/PTS provides 22 primary prevention programs. These programs are encompassed in three broad groups. The first group is direct services to youths. This includes family life education classes, drop-in center activities, group support programs and peer education networks. The second group is training for adults, such as religious leaders, parents and other youth activity leaders who work with adolescents. The third group is community education about adolescent risk-taking behaviors.

The Center for Successful Child Development

The Center for Successful Child Development (CSCD) was established at Beethoven Elementary School in Chicago, near the Robert Taylor Homes Public Housing Complex, through the combined efforts of the Ounce of Prevention Fund and the Chicago Urban League.

The goals of the program are to promote the healthy growth and development of children from conception through age five and to enable parents to become more effective in fostering healthy growth and development of their children during these critical years before school. All CSCD activities are guided by the premise that a strong parent-child relationship is the key to successful, resilient child development.

In order to achieve its goals, the CSCD provides both home and center-based services to targeted families. "Parent-Child Advocates" - women from the community trained as home visitors - canvas buildings on a continuing basis to locate pregnant women and families with young children and recruit them into the program. Center-based services include a drop-in center, a prevention-oriented maternal/child health facility and an infant/toddler center.

Head Start Program

Head Start is a comprehensive child development program designed to break the cycle of poverty which causes many children from low-income families to fall behind early in school. Begun in 1965, Head Start currently serves children in both rural and urban areas in all 50 states.

The OPF began administering Head Start Programs in 1985. The majority of the children enrolled in OPF's numerous programs are from single-parent household and nearly all of the families are subsisting at or below the poverty level. Twenty percent of the children have parents under the age of 22 and twelve percent are professionally diagnosed as having special needs.

All Head Start activities are structured similarly. All sites offer three-hour sessions which include group and individual playtime as well as hot meals. Home visiting, program planning and development and staff training also take place. Head Start staff try to create a supportive yet challenging atmosphere to enhance the social, emotional, physical and cognitive development of children. The curriculum is self-paced so that the children develop positive feelings about the learning process.

After admission and orientation to Head Start, both children and parents go through a series of interviews and meetings to assess their needs so that the staff can most effectively serve them. Preparing children for success is a team effort, and therefore, mothers and fathers are included as key members of the Head Start team.

Toward Teen Health

The Katherine C. Bogan Health Center began operation at DuSable High School in Chicago in June of 1985. Similar clinics then opened at Orr and Crane High Schools in Chicago. The centers provide comprehensive health services to students in the high schools once parental permission has been given. The overall goal of the clinics is to assist adolescents in attaining and maintaining physical, emotional and social wellness.

Kids PEPP

In order to prevent costly tragedies from occurring, early comprehensive intervention services for children at high risk of school failure, delayed development, child abuse and neglect and lifelong poverty are necessary. To improve public understanding of prevention and to facilitate the use of prevention ideas in public policy decisions, OPF created the Kids Public Education and Policy Project (Kids PEPP).

To achieve the goals of Kids PEPP, OPF, along with Family Focus, analyzes and promotes public policy based on the philosophy of prevention, advocates for expansion and integration of existing prevention programs and initiation of new ones at the national and state levels, fosters coalitions among organizations and individuals working to advance prevention-oriented policies, disseminates public information about Family Focus and OPF and maintains current information on prevention programs and new initiatives nationally.

A list of the Ounce of Prevention Fund 1990 service sites is provided on the following pages. For additional information on any of these Ounce of Prevention programs, contact:

Judy Carter
Executive Director
Ounce of Prevention Fund
188 West Randolph
Suite 2200
Chicago, Illinois 60601
(312) 853-6080

NORTHERN ILLINOIS

Child Care Development, Inc.
350 North Broadway
Joliet, Illinois 60435
(815) 723-0581
Service Area: Will County

Children's Development Center
650 North Main Street
Rockford, Illinois 61103
(815) 965-6745
Service Area: Rockford Area and Winnebago County

McHenry County Youth Service Bureau
101 South Jefferson Street
Woodstock, Illinois 60098
(815) 338-7360
Service Area: McHenry County

Family Focus Aurora
325 East Galena Boulevard
Aurora, Illinois 60505
(708) 844-2550
Service Area: Aurora and surrounding communities

Lutheran Social Services of Illinois
First Steps to Parenting
1901 1st Avenue
Sterling, Illinois 61081
(815) 626-7333
Service Area: Whiteside, Lee, Carroll, Ogle, and Stevenson Counties

CHICAGO/COOK COUNTY

Aunt Martha's Youth Service Center, Inc.
Program PLUS-Head Start
23485 South Western Avenue
Park Forest, Illinois 60466
(708) 747-2780
Service Area: Bloom, Thornton, and Rich Townships

Catholic Charities - Arts of Living Institute
Roseland/Altgeld Adolescent Parent Project
10809 South State Street
Chicago, Illinois 60628
(312) 995-1737
Service Area: Roseland and Altgeld communities

Center for Successful Child Development
4848 South State Street-2nd Floor
Chicago, Illinois 60609
(312) 373-8670
Service Area: Robert Taylor Homes/ Beethoven School District

Crane Adolescent Health Center
2245 West Jackson Boulevard
Chicago, Illinois 60612
(312) 224-3443
Service Area: Students at Crane High School

Christopher House
2507 North Greenview Avenue
Chicago, Illinois 60614
(312) 472-1083
Service Area: West Lincoln Park, Lakeview

CSCD/St. Paul Head Start
4644 South Dearborn
Chicago, Illinois 60609
(312) 268-2827
Service Area: Robert Taylor Homes

Commons Association
Parents Too Soon Initiative
124 North Hoyne Avenue, Suite 105
Chicago, Illinois 60612
(312) 738-4287
Service Area: Near Westside

Chicago Public Schools
1819 West Pershing Road, 1-C (North)
Chicago, Illinois 60609
(312) 890-8858
Service Area: Citywide

Children's Home and Aid
Society of Illinois
Englewood Parents Too Soon
5958 South Marshfield Avenue
Chicago, Illinois 60636
(312) 476-6998
Service Area: Englewood and
West Englewood

Katherine Bogan/DuSable
Adolescent Health Center
4934 South Wabash Avenue
Chicago, Illinois 60615
(312) 548-3208
Service Area: Students at DuSable
High School

Marillac Social Center
2822 West Jackson
Chicago, Illinois 60612
(312) 722-7440
Service Area: Near Westside

Near North Health Service Corporation
1276 North Clybourn
Chicago, Illinois 60610
(312) 337-1073
Service Area: Near North Side

Family Focus-Lawndale
3600 West Ogden Avenue
Chicago, Illinois 60623
(312) 521-3306
Service Area: North Lawndale Chicago

Family Focus-Our Place
2010 Dewey Avenue
Evanston, Illinois 60201
(708) 475-7570
Service Area: West Evanston

Garfield Head Start
30 West Garfield
Chicago, Illinois 60609
(312) 373-0573
Service Area: Garfield

Hull House Association
Adolescent Family Life Program
4439 South LaCrosse
Chicago, Illinois 60638
(312) 767-1709
Service Area: LeClaire Courts,
Hearst

Orr Adolescent Health Center
730 North Pulaski Street
Chicago, Illinois 60624
(312) 638-5454
Service Area: Students at Orr
High School

Reverend Rucker Memorial Services
Organization
8400 South Ashland Avenue
Chicago, Illinois 60620
(312) 445-0222
Service Area: Roseland

Youth Service Project, Inc.
3942 West North Avenue
Chicago, Illinois 60647
(312) 772-6270
Service Area: Greater Humboldt Park

Latino Youth, Inc.
2200 South Marshall Boulevard
Chicago, Illinois 60623
(312) 277-0400
Service Area: Pilsen and Lawndale

NIA Comprehensive Center for
Development Disabilities, Inc.
151-153 West 75th Street
Chicago, Illinois 60620
(312) 873-2300
Service Area: Citywide

Youth Service Project, Inc.
3942 West North Avenue
Chicago, Illinois 60647
(312) 772-6270
Service Area: Greater Humboldt Park

YWCA of Metropolitan Chicago
Young Parent Program
6200 South Drexel Avenue
Chicago, Illinois 60637
(312) 363-7903
Service Area: Woodlawn, Washington Park, Oakland, Grand Boulevard, and Douglas

CENTRAL ILLINOIS

Bethany Home
PTS/Bethany
1920 7th Street
Moline, Illinois 61265
(309) 797-0197
Service Area: Henry and Rock Island Counties

Champaign County Mental Health Center
P.O. Box 429
600 East Park
Champaign, Illinois 61820
(217) 351-8811
Service Area: Champaign County

The Children's Home Assn. of IL
Good Beginnings
2130 North Knoxville Avenue
Peoria, Illinois 61603
(309) 685-1047
Service Area: Peoria and Tazewell Counties

Family Service Center of Sangamon
County Young Parent Support Services
1308 South 7th Street
Springfield, Illinois 62703
(217) 528-8402
Service Area: Sangamon County

McLean County Health Department
905 North Main Street
Normal, Illinois 61761
(309) 888-5468
Service Area: McLean County

Planned Parenthood of Decatur, Inc.
Peer Education Project
3021 North Oakland
Decatur, Illinois 62526
(217) 877-6476
Service Area: Macon County

Planned Parenthood of
MidCentral Illinois
APPLES
318 West Washington Street
3rd Floor
Bloomington, Illinois 61701
(309) 827-4368
Service Area: McLean County

Tri-County Urban League, Inc.
New Horizons
409 West Main Street
Peoria, Illinois 61602
(309) 673-7474
Service Areas: Peoria County

Fulton County Health Department
Teen Relationship Education
and Parenting Program
700 East Oak Street
Canton, Illinois 61520
(309) 647-1134
Service Area: Fulton County

Kankakee School District #111
Teen Mothers Educational Enrichment
Program
525 N. Harrison Ave.
Kankakee, Illinois 60901
(815) 933-0766
Service Area: School District #111

Adams County Cooperative Extension Service
330 South 36th Street
Quincy, Illinois 62301
Service Area: Adams County

SOUTHERN ILLINOIS

Comprehensive Mental Health Center
of St. Clair County, Inc.
2514A State Street
East St. Louis, Illinois 62205
(618) 482-7610
Service Area: Centerville, Canteen,
Strites Townships

Egyptian Public and Mental
Health Department
First Steps
Route 3, Box 90-A
Eldorado, Illinois 62930
(618) 273-3326
Service Area: Saline, White, and
Gallatin Counties

Mental Health Services of Southern
Madison County
Parents Plus
2024 State Street
Granite City, Illinois 62040
(618) 877-4420
Service Area: Madison County

Shawnee Health Services & Dev. Corp.
Shawnee Network for Adolescent
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PROGRAMS IN OTHER STATES

Brief descriptions of family resource programs in other states are listed in the remaining section of this report. These descriptions are excerpts from Programs to Strengthen Families, ed. Carole Levine (Illinois: Family Resource Coalition, 1988), which provides detailed information on 72 programs nationwide.

COPE (Coping With the Overall Pregnancy/Parenting Experience) Boston, Massachusetts

COPE is a counseling center that provides services for adolescent and adult parents, and professionals related to pregnancy and parenting. Such services include short and long-term counseling, education, training, support and information and referral.

COPE's aim is to support healthy, safe, and stable family life for children and their parents and to alleviate child abuse and neglect, frequent and unwanted pregnancies, post-partum depression and familial dysfunctions.

COPE serves Boston's inner city and the Greater Boston Area. Offices are located within the inner city with outreach locations throughout the greater metropolitan area.

Through its Mental Health Clinic Program, COPE provides individual, family and group counseling, information and referral services and support to homeless families. The Parenting Preparation Program provides training to perennial health professionals and the Counseling and Parent Education Project provides twice-weekly meetings for obstetric patients at Boston City Hospital on infancy and parenting topics. COPE's work and family program provides resources and counseling for women who are working or in the process of training and beginning employment.

Early Childhood Center, Los Angeles, California

The Early Childhood Center is a program of the Cedars-Sinai Medical Center. Through its education counseling services for parents of infants, toddlers and preschoolers, the Center aims to alleviate the stress parents feel regarding their children's development and behavior. It also aids parents who feel that their child has a more serious development problem.

The Warmline, or phone counseling line, is the main service component of the program. Staffed by volunteer professionals who have been especially trained in their duties, the Warmline takes non-medical calls from parents who have problems in dealing with their children's behavior. Calls generally last 45 minutes. In approximately 90 percent of the calls, parents have no need for further consultation. A referral for a clinical consultation at the Early Childhood Center is made when needed. The consultation may lead to participation in a brief evaluation intervention group or a therapeutic nursery school.

Preschool and Infant Parenting Services (PIPS) offers education and support groups for parents (couples and single parents) of infants and toddlers and for professional women re-entering the workforce after having a baby. The Day Care Consultation project offers workshops on day care issues as well as consultation and crisis intervention for parents and providers.

Over 7,000 callers, representing all socioeconomic groups, use the phone consultation service annually; 200 participants enroll in the groups each year.

The Center is developing a manual on toddler issues and a training manual for day care providers.

The Parenting Center at Children's Hospital, New Orleans, Louisiana

The Parenting Center is primarily a prevention organization designed to provide education and support. It is: a resource center where parents and prospective parents can obtain knowledge and information about parenting and child development; a support center where parents can talk with knowledgeable staff and share the joys and frustrations of parenthood with others; and a referral center where parents with more severe problems can be directed to an appropriate agency.

The Parenting Center's services are designed to provide information and support to parents to help strengthen families. Classes, workshops, lectures and informal drop-in gatherings help parents understand normal developmental problems of raising children. Parenting Center core programs include drop-in times; programs for parents of infants, toddlers, school-age and pre-adolescent children; newsletters; resource library and counseling.

Community outreach programs include The Warmline, lunchbag seminars for working parents, "The Newborn Booklet" for area hospitals, programs for fathers, the Stepfamily Association, baby-sitting training, community talks and lectures with national speakers. Also, individual and family counseling is offered for a limited period and referrals for more intensive counseling are made when needed.

All parents with children are eligible for membership which currently consists of approximately 425 middle and lower-middle-income parents. In addition, 5,500 families are served by community outreach programs.

The Parent Education Program/Linn-Benton Community College, Albany, Oregon

The Parent Education Program offers parents opportunities to be more successful by increasing knowledge, clarifying attitudes, improving practices and enhancing self-esteem. The program seeks to increase parents' awareness of their importance in their child's life and of community resources which exist to assist them.

Linn-Benton Community College, which coordinates the program, serves a two-county area in the Mid-Willamette Valley of Oregon. The core of the program is the parent/child classes. These classes, offered in local community

buildings, are designed to provide information and opportunities to increase skills.

Several cooperative ventures with local organizations have been initiated by the community college, the largest of which is the PEG Project whereby parents work with program staff to design classes for families in their school. The targeted population includes teen parents and parents of children with special needs who are at-risk of academic failure, drug use and behavior problems.

Work and Family Seminars are also offered through employer contracts to employees at the worksite. These seminars are designed to meet employee needs for increased parenting/family life skills. Child care resource and referral provides educational support to parents, child care providers and the community. Employers contract for services to meet employee child care needs. Through its Family Strengths Project consultations, Linn-Benton Community College provides in-service training and support to other colleges which are starting parent education programs.

Each year the program serves over 3,500 adults and 750 children from all socioeconomic groups throughout the two counties.

New Futures School, Albuquerque, New Mexico

The goal of the New Futures School is to help teenage mothers make the experience of a teen pregnancy positive and growth oriented. New Futures programs increase teenage mothers' self-sufficiency and self-esteem, promote the health of parent and child, improve basic parenting skills and encourage the mother's continuation in school or return to school. The program was initiated in 1970 by YWCA volunteers and is now sponsored by the Albuquerque public school system, along with New Futures, Inc., a community-based non-profit organization.

Pregnant and parenting teens who are not yet high school graduates receive comprehensive care at New Futures School. Classes required for high school graduation, GED, as well as mid-school block are offered, in addition to vocational, prenatal and parenting courses. Classes are individually paced and range from basic skills to college preparation. Both individual and group counseling are available. Individual counseling sessions may include the young mother's family and/or the male with whom she is involved. Group counseling is held once a week. Health care is also important. Upon entry, a health history and nutritional analysis are performed and the local medical school provides two free medical clinics for prenatal, pediatric, and adolescent health care.

New Futures also has a child care component. The school has four age-divided day care centers which are open during school hours to care for the children of girls who are in class. Mothers who use child care are required to assist at the center for an hour a day as a learning experience. Participants leave the program upon completion of the semester in which their child becomes three months old. Mothers who demonstrate special need can apply for continued enrollment beyond that point.

In addition to serving the teen parent population, New Futures provides outreach activities on the reality of teen parenthood to teenagers in schools, churches and social service agencies. Community education programs on teen pregnancy are also conducted. Approximately 1500 adolescent non-parents are contacted through the program's outreach activities, in addition to 450 teen mothers and 100 teen fathers who participate in the school's vocational, prenatal and parenting classes. In August 1988, New Futures School moved into a new building which was specially designed for the needs of this comprehensive program.

Bananas, Oakland, California

Bananas is a community-based center which provides child care information and referral to individuals and organizations dealing with children. The center helps parents to locate appropriate child care by providing information on existing options. Bananas also disseminates information on alternative child care services such as playgroups, sitter shares, baby-sitting co-ops and employer-supported child care.

The organization provides listings of existing cooperative child care arrangements and people interested in starting groups; assists child care providers with information, workshops, support groups, toy lending and legal counseling; and helps parents locate housing, employment, health and mental health counseling, support groups, workshops and literature on child development.

Bananas also offers information and technical assistance to child care providers on how to develop and maintain a child care facility and offers support groups, warm lines and workshops to both child care providers and parents. The organization receives approximately 50,000 calls each year for assistance. Sixty-five state-funded resource and referral services in California have been patterned in part after the Bananas model.

Parents As Teachers/Missouri Department of Elementary and Secondary Education, St. Louis, Missouri

The Parents As Teachers Program, a statewide initiative, provides parents with information and assistance to enhance their children's language, intellectual, social and physical development from birth to age three. Parents and educators work together to identify conditions which might interfere with the child's normal development and later success in school. The program, which is housed within the Missouri Department of Elementary and Secondary Education, is offered in all 543 Missouri school districts. The program lends itself to special adaptations to meet the needs of the state's diverse communities.

Trained parent educators, through regularly scheduled home visits, provide parents with information and guidance on their child's current development, demonstrate age-appropriate activities, and respond to questions and concerns. Parents learn about ways to encourage language and thinking abilities at teachable moments, effective disciplinary techniques and making and choosing toys that stimulate curiosity and creativity. Group meetings are held for parents to gain new insights and knowledge, share common concerns, frustrations and successes, and discussions on pertinent child-rearing topics. All family members are encouraged to participate in these meetings.

In response to international interest in the program, the Missouri Department of Education established the Parents as Teachers National Center in cooperation with the University of Missouri-St. Louis. The Parents As Teachers National Center offers training on a year-round basis, including consultation on program implementation and an opportunity to observe the program first-hand. As of 1989-90, the National Center has been instrumental in facilitating the implementation of more than 100 Parents As Teachers programs across the nation.

The Family Support Center, Midvale, Utah

The Family Support Center, a private, non-profit, United Way agency, has as its mission the prevention and treatment of child abuse and neglect throughout the community. It is regarded nationally as a model in the development and implementation of programs with similar missions.

The Center runs the Crisis Nursery Program, the only one of its kind in Salt Lake County, which provides a safe place for children, often from low-income families, experiencing abuse or abandonment. The Program also seeks to support parents by giving them a break and a chance to work through a crisis situation. In addition, psychotherapy and crisis intervention services are offered as well as education and stress management classes.

In 1985, FSC opened the Sexual Abuse Unit, the purpose of which is to provide assessment and treatment for victims of child sexual abuse and their families. This includes individual and group therapy for adults molested as children. In addition, the FSC reaches out to the community through personal safety programs at schools, day care centers, churches, the Family Shelter and community groups. The Center makes extensive use of volunteers and provides training and supervision to graduate students in social work, psychology and nursing.

Parent Support Network For Urban Native American Families, Phoenix, Arizona

The Parent Support Network for Urban Native American Families, sponsored by Parents Anonymous of Arizona, Inc., assists Native American families in adjusting to the demands of urban and reservation living in order to reduce social isolation and keep families intact. The program utilizes Native American home visitors, peer self-help groups, and parenting skills classes.

Support services include a weekly Parents Anonymous peer self-help group facilitated by social service professionals. Parents share the frustrations of parenthood, discuss their own childhoods and express expectations for their children. Positive disciplinary techniques, methods of building self-esteem, and other topics are covered in the groups. A group for children of the parents in attendance is run simultaneously.

In a second service, parent aides make home visits to provide informal support services, such as listening, dealing with child-related problems and acting as a liaison to other community resources.

The third service is a 12 week parenting skills class for both parents and their children to attend, called the Nurturing Program. It was developed to meet the nurturing and parenting needs of families exhibiting interaction difficulties. It has been modified to meet the unique parenting and cultural needs of Native American families.

A toll free Arizona hot line service is also provided 24 hours a day, 7 days a week to assist families under stress. The number is 1-800-352-0528.

Neighborhood Family Resource Centers, Detroit, Michigan

Neighborhood Family Resource Centers (NFRC), administered by the Center for Urban Studies, Wayne State University, are locally-based, cost-efficient programs which strengthen families, with a special concern for the prevention of child abuse and neglect. They also encourage economically independent households, promote the development of children into productive, responsible adults, and in general lead to the restoration of the neighborhood as the environment which promotes these goals for its families and citizens. Six family resource centers are located in neighborhood settings: public school, Head Start Program, mental health agency, 4-H center, and church facilities.

The most important factor in the success of the centers seems to be the combination of having parents and their children spend some time with infant/preschool staff while also providing time for each group to be alone. The NFRC program provides educational experiences simultaneously in the same building two mornings a week for young children and their parents, starting with infants and including pregnant women in the parent program. The educational experience keeps children and adults together for part of the time to receive special training in such areas as infant stimulation, shared developmental activities for parents and children and observations of one's child with his peers. Trained staff also demonstrate child handling.

However, the greater part of the parent's time is spent separate from the children. These sessions are planned jointly by parents and NFRC staff so that they deal with the issues most meaningful to parents. Discussion of child development, the range of age-appropriate behavior and specific help in areas such as discipline without corporal punishment are covered along with basic life-coping skills such as money, home and time management and interpersonal relationships.

These sessions also provide parents with two things considered crucial in the prevention of child abuse and neglect: some respite from child care and the opportunity to alleviate the social isolation of many young urban families by offering a chance for the development of informal support networks.

CEDEN Family Resource Center, Austin, Texas

The basic goals of CEDEN Family Resource Center's service programs are to prevent low birthweight and health problems among newborns; prevent and reverse infant developmental delays; improve parenting skills; build family self-sufficiency; assist youth and adults in improving their literacy and numerical skills; and provide agencies with effective, culturally-appropriate materials for low-income families.

CEDEN's Prenatal Education Program provides home and hospital visits to pregnant women, with a six-part educational package emphasizing nutrition, health care, substance avoidance, labor and delivery and parenting of the new baby. CEDEN's Parent-Child Program provides weekly home visits and monthly group sessions, involving the child and family, for children from birth to two years of age who have a developmental delay. A curriculum is used in planning a family's activities which is based on a three-part model of child development that emphasizes health, nutrition and infant stimulation. The program maintains a toy-lending library for use by all families.

Parenting classes offered at the center or at community locations provide information on parenting and family skills, social support groups and activities designed to improve parenting skills. The Parent-Child Learning Center helps adults and children improve their literacy and numeracy skills through hands-on work using computers and educational software, in a bilingual setting. The Materials and Media Program produces culturally-appropriate materials for use by center programs and other agencies working with low-income families.

All program participants have access to CEDEN's Family Advocacy Services, which provide emergency food, clothing, counseling and other resources to families in need.

Postpartum Education for Parents, Santa Barbara, California

Postpartum Education for Parents (PEP), a volunteer family support program, offers emotional support to new parents to assist them in making adjustments in lifestyles after the arrival of a baby. The organization was founded in 1977 by four mothers who felt that a nonprofessional support service for new parents could facilitate the transition to family life.

Services include parent discussion groups, calls to new parents, a monthly course in infant care called "Baby Basics," and a warm line. The warm line is open twenty-four hours a day, seven days a week, with calls taken by an answering service operator who refers them to an on-call volunteer working out of his or her home. Calls generally range from routine requests for information to more urgent requests for emergency assistance.

Parent discussion groups meet every other week with two PEP volunteers facilitating informal discussions of common concerns, frustrations, and pleasures. Playgrounds, social gatherings and a baby-sitting co-op run by participants have developed from these groups. All of PEP's services are provided by volunteers who are experienced parents. The organization has also developed several training manuals related to establishing and operating volunteer family support programs.

Employer Services Program, Burlingame, California

The Employer Services Program offers consultation services to employers to help assess the types of support that are needed for working parents. The program has a dual purpose of providing education and services. It provides information about employer-supported child care to businesses, corporations, local governments and other public/private sector interests to increase the support that each of these groups can provide in the area of child care and family based services.

The program also develops and implements services designed for specific employers at their worksites. The Employer Services Program surveys the employee population and surrounding community to assess the types of services which are available, the orientation of management and the types of issues facing working parents today. Then, the program designs services which can be delivered at the worksite to meet these needs. Through these services, working parents are provided with information which is not available elsewhere in the community, regarding family issues and topics and/or child care and family related services.

The program produces parenting brochures; offers parenting seminars and workshops; maintains a parent hot line for child care/resource information; conducts on-site counseling for child care referrals and/or resource material and information; and conducts child care resource screening. The Employer Services Program was one of the first programs of its kind in the state of California. Program staff provide technical assistance to a number of similarly based agency efforts in the employer supported child care field which have replicated the basic components of the program.

Work and Family Life Seminar Program, New York, New York

The goal of the Work and Family Life Seminar Program of Bank Street College of Education is to have working parents share their experiences and develop new understanding, skills and resources in order to be better able to balance their work and family life. From the company's perspective, the on-site seminars are a way of demonstrating interest in their employees as family members and as a possible way of enhancing morale, increasing productivity and helping to recruit and retain employees. Companies choose from a wide range of topics such as family communication, single parenting care of elderly parents, coming back to work after the birth of a baby and living with teenagers.

Consultation to companies on work/family initiatives is also available. In addition, the program publishes Work and Family Life: Balancing Job and Personal Responsibilities, a monthly, eight page newsletter that is distributed by companies and other organizations to their employees. It contains helpful information for those in every family situation: single, married with young school age and adolescent children as well as aging parents.

Mothers/Men Inside Loving Kids, Richmond, Virginia

Mothers/Men Inside Loving Kids (MILK), is operating in five Virginia correctional institutions. The primary objective of this program is to develop, maintain, and strengthen the relationship between incarcerated parents and their children by improving the parenting skills of the inmates; involving them in therapeutic self-help support groups; having extended structured visits with their children; and referring them to community support agencies once they have been released from prison.

The MILK concept was conceived by three incarcerated women at the Virginia Correctional Center for Women in 1981 with assistance from the institution's chaplain and sponsorship by Parents Anonymous. The program serves incarcerated parents by offering classes in child development and parenting skills to help parents understand their children at various stages of development, and for them to understand their own development processes. Independent living skills classes are offered to inmates to assist them in developing skills to re-enter the community.

MILK serves children of inmates by helping them to understand that the parent still loves them although they cannot be with them. This in turn improves the child's self-esteem and his/her personal growth. Support groups are also provided for inmates' families. The program seeks to strengthen the relationship between incarcerated individuals and their families in order to decrease risk of returning to criminal activity, child abuse or neglect. Mothers/Men Inside Loving Kids is a program provided for the Department of Corrections by Parents Anonymous of Virginia. The Department supports the activities of MILK in the five prisons where it now exists. Two hundred fifty inmates plus their children and families are served annually.

Single Parent Resource Center, Inc., New York, New York

The Single Parent Resource Center, Inc., a community-based program, seeks to create an environment where help is available when the task of being a single parent becomes overwhelming. The program provides counseling, activities and a national clearinghouse of information on single parenthood. The program is located in New York City and serves the surrounding tri-state area of New York, New Jersey, and Connecticut.

The Single Parent Resource Center is a clearinghouse of information on single parent programs in the United States and abroad. In addition to offering technical assistance to individuals who want to start single parent groups, pr[illegible]ide direct services to single parents.

The Single Parent Resource Center operates several services for homeless single parents living in mid-town Manhattan hotels, including support groups, a housing relocation program and a truancy prevention program for elementary school age children. The center also sponsors the Bridge Parenting Program, serving incarcerated single parents as they prepare to return to the community.

Educational and recreational activities for parents and children are offered, including workshops and conferences on child care, housing discrimination and other concerns of single parents. The center also conducts seminars for business, human service and education professionals on the special needs of single parents. Over 1,000 single parents are served annually by the center.

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